## CLAIMS

What is claimed is:

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- 1. A portable work bench comprising:
- a structural body;
- a platform disposed on the structural body; and
- a locking mechanism disposed on one of the structural body and the platform, said locking mechanism comprising a cam movable between a first position locking the platform on the structural body and a second position unlocking the platform.
- 2. The work bench of Claim 1, further comprising a plurality of legs supporting the structural body.

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- 3. The work bench of Claim 1, wherein the structural body is tubular.
- 4. The work bench of Claim 1, wherein the structural body has a square cross-section.

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- 5. The work bench of Claim 1, wherein the platform further comprises a top surface, upon which a power tool can be installed thereon.
- 6. The work bench of Claim 1, wherein the platform is movable along the structural body.

- 7. The work bench of Claim 1, wherein the cam is pivotable about an axis.
- 8. The work bench of Claim 7, wherein the axis is substantially parallel to longitudinal axis of the structural body.
  - 9. The work bench of Claim 1, wherein the platform comprises a hook portion contacting the structural body.
  - 10. The work bench of Claim 1, wherein the locking mechanism further comprises a plate disposed between the cam and the other of the structural body and the platform.
  - 11. The work bench of Claim 10, wherein the locking mechanism further comprises a spring for biasing the plate towards the cam.
  - 12. The work bench of Claim 1, further comprising a handle connected to the cam for moving the cam between first and second positions.
- 13. The work bench of Claim 1, further comprising an extension that can be installed at an end of said structural body.

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- 14. The work bench of Claim 1, further comprising a support mechanism installed at an end of said structural body for supporting an elongated work piece.
- 15. A method for using a work bench, comprising:providing a structural body,disposing a platform on the structural body,

disposing a locking mechanism on one of the structural body and the platform, said locking mechanism comprising a cam movable between a first position locking the platform on the structural body and a second position unlocking the platform, and

moving the cam between the first and second positions.

- 16. The method of Claim 15, further comprising installing a power tool on the platform.
- 17. The method of Claim 15, further comprising moving the platform along the structural body.
- 18. The method of Claim 15, wherein the locking mechanism further comprises a plate disposed between the cam and the other of the structural body and the platform.

- 19. The method of Claim 18, wherein the locking mechanism further comprises a spring for biasing the plate towards the cam.
- 5 20. The method of Claim 15, further comprising providing a handle connected to the cam for moving the cam between first and second positions.